

# Summer Safety

## Washington State Employee Assistance Program Tip Sheet June 2018



Summer is here again and for many it is a time for outdoor projects and family fun in the sun. However, it is important for you and your family to protect yourselves from being overexposed to the sun and heat. Did you know that Washington ranks among the highest of states for skin cancer rates? Please take a moment to review these simple tips to help you and your family members have a pleasant and healthy summer.

### Before going outside

- ◆ Use sunscreen with a sun protection factor (SPF) of at least 30. Be sure to use a sunscreen that protects against UVA and UVB rays. (dermatologist recommend using a shot glass size worth of sunscreen to ensure adequate protection.)
- ◆ Apply sunscreen 15 minutes before going outside. Reapply every two hours and after being in the water or sweating. (many dermatologist recommend applying sunscreen every morning to provide protection from incidental exposure that people get while driving and walking into work).
- ◆ Most of the sun's burning rays go right through clouds, so use sunscreen even on cloudy days.
- ◆ Drink plenty of fluids (but to stay hydrated, avoid beverages that contain alcohol, caffeine or a lot of sugar).
- ◆ Take frequent breaks when working outdoors.
- ◆ Wear a wide-brimmed hat and light-colored, loose-fitting clothes when outdoors.
- ◆ Eat more frequently but make sure meals are balanced and light.
- ◆ At first signs of heat illness (dizziness, nausea, headaches, muscle cramps), move to a cooler location, rest for a few minutes, and slowly drink a cool beverage. Seek medical attention immediately if you do not feel better.

### Care for Family Members

- ◆ Keep children under 1 out of the sun as much as you can. Dress your baby in lightweight, light-colored clothing with long sleeves and long pants. Always cover their head. Children under 6 months of age should be kept out of the sun altogether if possible, but can have small amounts of sunscreen put on their faces and the backs of their hands when necessary, being careful not to get it in their eyes or mouth.
- ◆ Select sunglasses for babies and children that provide 100% UV protection.
- ◆ When it is 90° or above and humid, children should not play outside or exercise for more than 30 minutes at a time.
- ◆ Check frequently on neighbors and family members who are elderly, ill, or may need help. If you fall in these categories, be proactive by arranging to have family, friends or neighbors check in with you at least twice a day throughout warm weather periods.
- ◆ Avoid walking pets in the heat and make sure they have plenty of water.
- ◆ Never leave infants, children, or pets in a parked car, even if the windows are cracked open.

**Sources:** [Seattle Children' Hospital](#), [Washington State's Department of Health](#), [American Academy of Pediatrics](#), [American Academy of Dermatology](#), and [National Safety Council](#).